Going the Distance:
Advances in Research and Care

21st Annual Conference on
Alzheimer’s Disease and Other Dementias

August 25-27, 2021
Jackson, MS

Presented by The MIND Center at
University of Mississippi Medical Center
A cure for Alzheimer’s tomorrow.

The MIND Center at the University of Mississippi Medical Center uses pioneering research, state-of-the-art brain imaging and powerful new genetic technologies in the quest to bring an end to Alzheimer’s and other dementias.

The MIND Center Clinic offers outpatient care for people with memory loss and cognitive impairment. We also deliver specialized care, health education and caregiver support statewide, via online technology, through the UMMC Center for Telehealth.

To learn more, visit umc.edu/mindcenter.
To schedule an appointment call, 601.496.MIND (6463).
August 2021

The MIND Center is proud to host the **21st Annual Conference on Alzheimer’s Disease and Other Dementias**! More than 6 million Americans and over 57,000 Mississippians aged 65 and older are currently living with Alzheimer’s disease. The cost of caring for those living with Alzheimer’s and other dementias is estimated to total $355 billion in 2021, increasing to more than $1.1 trillion by mid-century. Additionally, 131,000 caregivers in Mississippi are providing 227 million hours of unpaid care placing a tremendous toll on families in our state. To be prepared for the burgeoning number of people affected by these diseases and to optimize care for patients battling dementia in Mississippi, enhanced training and education for family and professional caregivers is critical.

With the theme “Going the Distance: Advances in Research and Care,” this year’s conference will provide insight into the current trends in Alzheimer’s and dementia research and focus on helpful strategies to prepare individuals and families to successfully navigate the caregiving journey. Our Keynote speaker, Carl V. Hill, PhD., MPH, is the Chief Diversity, Equity and Inclusion Officer at the Alzheimer’s Association. His presentation entitled, “A Global Update on Alzheimer’s Research,” will address disparities in Alzheimer’s and dementia and enlighten attendees on current advances in research with a focus on early detection and diagnosis, biomarkers, neuroimaging therapies and evidenced-based lifestyle interventions.

Additional conference topics will help families and professional caregivers improve health care delivery for patients with Alzheimer’s and dementia in various care settings at every phase of the disease progression. From promoting healthy aging to hospice and palliative care considerations, presentations will provide practical solutions for care delivery and caregiver support.

The conference will conclude on Friday with an inspirational presentation by Marshall Ramsey, two-time Pulitzer Finalist, author, speaker, radio host and syndicated editorial cartoonist. We hope you will take some time to network with our sponsors and exhibitors in the Virtual Exhibitor Breakout Rooms and that you leave better armed to care for older adults and those affected by Alzheimer’s and dementia.

Best regards,

Thomas H. Mosley, PhD
Robbie and Dudley Hughes MIND Center Chair
Director, The MIND Center
Health care professionals in the following disciplines may have the opportunity to earn up to 21 Continuing Education (CE) Hours.

- Nursing (21 hours)
- Social Workers (15 hours: 12.5 General, 2.5 Cultural Competency)
- Marriage and Family Therapists (21 hours)
- Physical Therapists (21 continuing competence (CC) units)
- Occupational Therapists (21 hours)
- Speech-Language Pathologists (15 hours)
- Audiologists (15 hours)
- Nursing Home Administrators (up to 20 hours distance learning credit. See below)
- Mental Health Professionals (21 hours)

**CONTINUING EDUCATION PROCESS**

**REGISTRATION**
Participant completes electronic registration on UMMC Conference site or Mississippi Nurses’ Association site (nurses only) prior to or day of Conference.

**SIGN-IN AND SESSION ATTENDANCE/COMPLETION**

**Virtual Livestream Attendees:** Conference Registrants will be given a password-protected login to a secure website (https://jayscottvisuals.com/alz-conf) containing the links to the livestreamed conference sessions which will be available on Zoom. During each live Zoom session, participants will be provided a link in the In-Meeting Chat to a short, sign-in form which they will be required to complete for each session to receive CE credit.

**Pre-Recorded, On-Demand Sessions:** All Conference Registrants will be given a password-protected login to a secure website (https://jayscottvisuals.com/alz-conf) with the library of pre-recorded, on-demand sessions. Upon clicking on the link to the on-demand session, the participant will see a link under the video to a short, sign-in form which they will be required to complete for each on-demand session to receive CE credit.

NOTE: Links to the on-demand sessions will be available until midnight on Friday, September 10, 2021.

**SESSION EVALUATIONS**
Participants will be required to complete an online evaluation and attestation form for each live session and each on-demand session attended/completed and will be given a password-protected login to a secure website (https://jayscottvisuals.com/alz-conf) containing links to the evaluation forms. The online evaluation forms will be available for completion until midnight on Friday, September 10, 2021 (unless an alternate date is stipulated by the CE provider for the attendee’s respective discipline).

Survey instructions for Nurses registered through MNA:
- Visit the MNA website at https://www.msnurses.org
- Select the ‘CE Surveys & Certificates’ button then log in
- Select ‘2021 Certificates’
- Select ‘View CE Certificates for 2021 Miscellaneous Continuing Education’
- Complete a survey for each session attended
- Your CE Certificate will be available 24 hours after you complete the evaluation from this same location

**CERTIFICATES OF COMPLETION**
Participants will receive a CE certificate of completion by email approximately 4 – 6 weeks after the conference concludes (provided all CE course evaluations/attestations have been completed).

Participants seeking credit for Speech Language Pathology/Audiology through ASHA must view the on-demand sessions during the timeframe indicated in the Conference Agenda. Participants may choose any two On-Demand Sessions to view. Session evaluation forms should be completed immediately following completion of the Session.

**Nurses:**
The Mississippi Nurses Association is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. This activity is approved for up to 21 contact hours for Registered Nurses and Advanced Practice Registered Nurses.

**Social Workers:**
This activity has been approved for up to 15 hours (12.5 General, 2.5 Cultural Competency) for Social Workers by the Mississippi Board of Examiners for Social Workers and Marriage and Family Therapists (MSBOESWMFT). Approval # 2114. Sessions NOT approved for credit will be indicated in the Session Agenda section of the Conference Program.
Marriage and Family Therapists:
This activity has been approved for up to 21 general hours for Marriage and Family Therapists by the Mississippi Board of Examiners for Social Workers and Marriage and Family Therapists (MSBOESWMFT). Approval # MS21-26.

Physical Therapists:
This program has been approved for up to 21 clinical continuing competence (CC) units by the Mississippi State Board of Physical Therapy.

Occupational Therapists:
This activity has been approved for up to 21 clinical contact hours by the Mississippi Department of Health Division of Professional Licensure.

Speech-Language Pathologists:
The University of Mississippi Medical Center – Department of Otolaryngology-Head and Neck Surgery is an ASHA CE Approved Provider. This activity has been approved at the Intermediate Level for 1.5 ASHA CEUs.

Audiologists:
The University of Mississippi Medical Center – Department of Otolaryngology-Head and Neck Surgery is an ASHA CE Approved Provider. This activity has been approved at the Intermediate Level for 1.5 ASHA CEUs.

Nursing Home Administrators:
The number of allowable hours for this distance learning program is dependent upon the status of the State of Emergency Proclamation instituted by the Governor of the State of Mississippi. At the time of publication of this document, this event is approved for up to 20 Continuing Education Hours by the Mississippi Board of Nursing Home Administrators, approval # 2203.

Certificate of Attendance:
A Certificate of Attendance may be provided to conference attendees who are not seeking continuing education credits upon request. In order to receive a certificate of attendance, participants will be required to sign in virtually through the online sign-in tool during each session, and complete session evaluations.

Mental Health Disciplines Credit:
Mississippi Department of Mental Health
Region 8 Mental Health Services may provide DMH-approved CEs to anyone who is certified or licensed through the Department of Mental Health, Division of PLACE. One CE hour is equivalent to 60 minutes spent face-to-face with a qualified instructor.

For additional information regarding continuing education for Mississippi Department of Mental Health disciplines contact:

Nena Williams, LMFT
Clinical Director
Region 8 Mental Health Services
Phone: 601.824.0342
Email: nwilliams@region8mhs.org

For additional continuing education information contact:

Kathy Van Cleave, LMSW, LCMHT
Conference Chair
Director of Education and Outreach
The MIND Center
University of Mississippi Medical Center
Phone: 601.815.4256
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A list of speaker financial and non-financial disclosures can be found on the conference website: umc.edu/alzconf.
2021 Sponsors & Exhibitors

SILVER
The Abigayle Adult Day Center
Bedford Care Centers
Covenant Caregivers
Hinds Behavioral Health Services
HMP Nursing Services and Bedford at Home
Methodist Senior Services
Mississippi Brain Injury Association
and United Spinal Association, Mississippi Chapter
Mississippi Council on Developmental Disabilities
St. Catherine’s Village

BRONZE
Amada Senior Care
The Blake at Flowood & The Blake at Township
Compassus Hospice
Courtney Elder Law Associates
Home Instead Senior Care
HomeCare Hospice
Kare-in-Home Hospice
Memory Center Hattiesburg Clinic
Milestones at Alliance Health Center
Mississippi Department of Human Services Division of Aging and Adult Services
Mississippi Relay
Prime Care Nursing
Region 8 Mental Health
Senior Medicare Patrol
Serving Seniors Resource Guide
Sta-Home Health and Hospice
The Memory Impairment and Neurodegenerative Dementia (MIND) Center at the University of Mississippi Medical Center is a national leader in Alzheimer’s research and clinical care backed by the state’s only academic medical center. Launched in 2010 and led by Dr. Tom Mosley, The MIND Center uses pioneering research, state-of-the-art brain imaging, and powerful genetic technologies to discover the causes of Alzheimer’s and other dementias.

The MIND Center Clinic offers diagnosis and leading-edge outpatient treatment for patients experiencing memory loss and cognitive impairment. It is the only dedicated and specialized outpatient clinic in Mississippi for patients with memory-related issues. In addition to its locations in the Jackson-metro area, The MIND Center Clinic has joined forces with the UMMC Center for Telehealth to offer telemedicine services. The MIND Center’s telehealth program offers memory care services in remote and underserved areas of Mississippi using secure, real-time audiovisual technology.
2021 Conference Planning Committee

Kathy Van Cleave, LMSW, LCMHT
Conference Chair
Director of Education and Outreach, The MIND Center,
University of Mississippi Medical Center

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Medical Speech-Language Pathologist, Dysphagia Specialist,
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Chief Strategy and Operations Officer, The MIND Center,
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Stacee Naylor, MSN, RN, CCRP
Director of Clinical Research Operations, The MIND Center,
University of Mississippi Medical Center

Melissa Robinson
Major Gifts Officer, The MIND Center,
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Kim Tarver, MD
Assistant Professor, Division Director of Geriatrics, and
Director of Clinical Services, The MIND Center,
University of Mississippi Medical Center

Dana Walker, DNP, RN
Director of Events and Marketing, Mississippi Nurses’ Association

Nena Williams, LMFT
Clinical Director, Region 8 Mental Health Services

B. Gwen Windham, MD
Professor of Clinical Geriatrics and Gerontology,
Director of Neuroepidemiology Research Core, The MIND Center,
University of Mississippi Medical Center

Special Thanks To:

Andy Atkinson, UMMC Web Software Development
Taylor Fishel, UMMC Marketing Specialist
Brighton Forester, UMMC Senior Web Content Coordinator
Kristin Gorney, UMMC Director of Marketing
Dionne Inman, Mississippi Nurses’ Association
Teresa Malone, Mississippi Nurses’ Association

Ashley Parker, Geriatric Social Worker and Consultant
Jay Scott, Jay Scott Visuals
Dana Walker, Mississippi Nurses’ Association
Nena Williams, Region 8 Mental Health
UMMC Office of Institutional Advancement
UMMC Department of Printing

Save the Date • October 26 – 28, 2022
22nd Annual Conference on
Alzheimer’s Disease and Other Dementias
Metro Jackson Area, MS
Wednesday, August 25
The Zoom link for Wednesday’s Live Streamed Sessions and Virtual Exhibit Sessions may be found at https://jayscottvisuals.com/alz-conf.

GENERAL SESSIONS (Live streamed via Zoom)

9:00 am – 9:15 am
Opening Remarks/Conference Overview

9:15 am – 10:45 am
Session 1 - Keynote Session: A Global Update on Alzheimer’s Research
*This session is NOT approved for Social Work CE credit
Carl V. Hill, PhD, MPH
Chief Diversity, Equity and Inclusion Officer, Alzheimer’s Association, Washington D.C.
- Describe basic, fundamental information about at least four dementias, and the three hallmark characteristics of Alzheimer’s dementia.
- Discuss the current Alzheimer’s disease drug development pipeline as well as research in the areas of genetics, inflammation, insulin resistance and hormones.
- Examine information about the latest research presented during the 2020 Alzheimer’s Association International Conference that focused on biomarkers and at least three newly identified modifiable risk factors.
- Identify the urgent need for better diversity and inclusion in dementia science, with focus on research perspectives and study participant inclusion.

10:45 am – 11:15 am
Break/Virtual Exhibitor Breakout Rooms Open on Zoom

11:15 am – 12:45 pm
Session 2 - Research 101: Understanding Clinical Research
*This session is approved for 1.0 General, .5 Cultural Diversity Social Work CE hours
Beverly Gwen Windham, MD
Professor of Clinical Geriatrics and Gerontology, Director of Neuropediatric Research Core, The MIND Center, University of Mississippi Medical Center, Jackson, MS
- Define the types of clinical research, explore the ethical considerations of research and how the safety of research participants is protected.
- Recognize ways to promote research recruitment and diversity.
- Identify strategies to discern validity of research findings and new treatments.
- Explore benefits and risks of research participation including ethical and cultural considerations and diversity from a participant perspective.

12:45 pm – 1:15 pm
Lunch (on your own)

1:15 pm – 1:45 pm
Break/Virtual Exhibitor Breakout Rooms Open on Zoom

GENERAL SESSION (Live streamed via Zoom)

1:45 pm – 3:15 pm
Session 3 - Racial and Ethnic Disparities in Alzheimer’s and Dementia
*This session is approved for 1.5 Cultural Diversity Social Work CE hours
Kim Tarver, MD, Moderator
Assistant Professor, Department of Medicine, Division Director of Geriatrics, Director of Clinical Services, The MIND Center, University of Mississippi Medical Center, Jackson, MS
Ardarian Pierre, MD, Panelist
Assistant Professor, Family Medicine, The MIND Center, University of Mississippi Medical Center, Jackson, MS
Sonya Shipley, MD, FAAFP, Panelist
Associate Professor, Family Medicine, The MIND Center, University of Mississippi Medical Center, Jackson, MS
Gabe Ibarra, PA-C, Panelist
St. Dominic Health Systems, Canton, MS
Cynthia Armstrong, PhD, Panelist
Caregiver University Alumna, Retired Educator, Entrepreneur, Jackson, MS
- Identify domains of Alzheimer’s disease and related dementias where racial and ethnic disparities exist.
- Explore health inequities within communities of color in Mississippi including Alzheimer’s and dementia prevalence.
- Identify barriers to preventative and medical care access.
- Discuss disparities in research.
- Identify strategies to promote early detection and treatment in communities of color.
3:15 pm – 3:45 pm
Virtual Exhibitor Breakout Rooms Open on Zoom

ON-DEMAND SESSIONS

3:45 pm – 5:15 pm
On-Demand Viewing – Participant Choice

5:15 pm
Meeting Concludes
Dinner on your own

Thursday, August 26
The Zoom link for Thursday’s Live Streamed Sessions and Virtual Exhibit Sessions may be found at https://jayscottvisuals.com/alz-conf.

GENERAL SESSION (Live streamed via Zoom)

9:00 am – 10:30 am
Session 4 - COVID Impact on Older Adults and a BOLD Public Health Approach to Alzheimer’s and Related Dementias
*This session is approved for 1.0 General, .5 Cultural Diversity Social Work CE hours
Daniel P. Edney, MD, FACP
Chief Medical Officer, Mississippi State Department of Health, Jackson, MS
Kina L. White, DrpH, MHSA, FACHE
Director, Office of Community Health Improvement, Mississippi State Department of Health, Jackson, MS
• Describe the current status of the COVID pandemic and the push for vaccinations across the US and in Mississippi, when herd immunity may be reached and what type of resurgence may be expected in the winter.
• Discuss the impact of COVID-19 on older adults and specifically people living with dementia and their caregivers.
• Highlight early research related to the long term effect of COVID on cognition and brain health.
• Provide an overview about the Building our Largest Dementia Infrastructure for Alzheimer’s (BOLD) Act and enhanced public health approaches to address Alzheimer’s and related dementias in Mississippi.

10:30 am – 11:00 am
Break/Virtual Exhibitor Breakout Rooms Open on Zoom

GENERAL SESSION (Live streamed via Zoom)

11:00 am – 12:30 pm
Session 5 - Assessment and Treatment of Communication, Cognitive and Swallowing Disorders in Dementia
*This session is NOT approved for Social Work CE credit
Sarah Faucette, AuD, PhD, CCC-A, F-AAA
Assistant Professor, Department of Otolaryngology - Head and Neck Surgery and The MIND Center, University of Mississippi Medical Center, Jackson, MS
Rinki Varindani Desai, MS, CCC-SLP, CBIS, CDP
Medical Speech-Language Pathologist, Dysphagia Specialist, Department of Otolaryngology - Head and Neck Surgery, University of Mississippi Medical Center, Jackson, MS
• Identify changes in cognitive, linguistic, speech and swallowing function in individuals with different types of dementia.
• Describe practical strategies to manage communication and swallowing impairments in individuals with dementia across the continuum of care.
• Recognize how to differentiate communication patterns between hearing loss or cognitive impairment.
• Discuss appropriate strategies available for individuals and families.

12:30 pm – 1:00 pm
Lunch (on your own)

1:00 pm – 1:30 pm
Break/Virtual Exhibitor Breakout Rooms Open on Zoom

GENERAL SESSION (Live streamed via Zoom)

1:30 pm – 3:00 pm
Session 6 - Managing Challenging Behaviors
Bonnie Moore, RN
Director of Patient Care, St. Dominic’s Behavioral Health, Jackson, MS
Roderick T. Green, MSN, PMHNP-BC
Adult Psychiatric-Mental Health Nurse Practitioner, Precise Clinical Neuroscience Specialists, Flowood, MS
Sue Ann Meng, LCSW
Social Worker, The MIND Center, University of Mississippi Medical Center, Jackson, MS
• Recognize challenging behaviors that may accompany dementia as indicators of physical and psychological distress.
• Identify strategies to manage challenging behaviors including diversion techniques.
• Identify when a higher level of care should be considered.
3:00 pm – 3:30 pm

Virtual Exhibit Breakout Rooms Open on Zoom

ON-DEMAND SESSIONS

3:30 pm – 5:00 pm

On-Demand Viewing – Participant Choice

5:00 pm

Meeting Concludes
Dinner on your own

Friday, August 27

The Zoom link for Friday’s Live Streamed Sessions may be found at https://jayscottvisuals.com/alz-conf.

GENERAL SESSIONS (Live streamed via Zoom)

9:00 am – 10:30 am

Session 7 - The Correlation Between Nutrition and Brain Health
Teresa Carithers, PhD, RD, LD, FAND
Interim Chair, Department of Applied Gerontology, Professor of Nutrition and Hospitality Management, University of Mississippi School of Applied Sciences, Oxford, MS

• Compare the relationship between diet and inflammation and the correlation with the development and progression of dementias.
• Examine evidence-based nutritional studies and their potential to impact brain health.
• Identify evidenced-based nutrition practices that support brain health across the lifespan.

10:30 am – 10:45 am

Stretch Break

10:45 am – 12:15 pm

Session 8 - Thriving in the Midst of Adversity
Marshall Ramsey
Editor-At-Large, Mississippi Today, Jackson, MS

• Discuss the benefit of strength-based approaches in overcoming adverse circumstances.

• Identify positive coping mechanisms to apply in stressful events.
• Explore care strategies to foster creativity and self-preservation.

12:15 pm – 12:30 pm

Closing Remarks

12:30 pm

Conference Concludes

On-Demand Sessions

The links for all On-Demand Sessions may be found at https://jayscottvisuals.com/alz-conf.

Participants will have the opportunity to choose which pre-recorded sessions to view at their own pace. Links to the pre-recorded sessions will be made available ONLY to registered participants and will be available for viewing until midnight on Friday, September 10, 2021. A Continuing Education Evaluation Form must be completed after the session has been viewed in order to obtain credits.

Session 9 - Helping Older Adults Maintain Financial Health and Avoid Scams
Richard A. Courtney, CELA, CAP
Certified Elder Law Attorney, Frascogna Courtney, PLLC, Jackson, MS
Stephen Gay, BA
Program Specialist, Public Education and Community Engagement Division, Mississippi Attorney General’s Office, Jackson, MS

• Recognize potential areas for fraudulent activity affecting older adults.
• Discuss protections available through recent changes to the Mississippi Vulnerable Persons Act.
• Identify essential estate planning actions for persons with dementia and their families.
• Explore planning strategies to preserve financial independence and protect older adults from fraudulent activity.

Session 10 - Managing Medical and Mental Health Complications of Alzheimer’s Disease and Dementia
Scott Gibson, MD
Assistant Professor, School of Medicine, Division of Geriatrics and The MIND Center, University of Mississippi Medical Center, Jackson, MS
Lyndsey Dill, MSN, AG-ACNP
Nurse Practitioner, Division of Geriatrics and The MIND Center, University of Mississippi Medical Center, Jackson, MS

• Identify health problems that may arise with persons with dementia.
• Explore how common mental health concerns such as depression, delusions and paranoia manifest.
• Explore interventions for challenging behaviors including medication management when appropriate.

**Session 11 - Recognizing and Managing Pain in Persons with Dementia**

* This session is NOT approved for Social Work CE credit

Janet McMillan, DSN, APRN, PMHNP-BC
Psychiatric Nurse Practitioner, Forrest General Home Care and Hospice, Hattiesburg, MS

• Identify methods for assessing pain in persons with dementia through validated screening tools and behavioral clues and explore ways to implement these tools in clinical practice.
• Explain methods for managing pain in persons with dementia including how to evaluate the effectiveness of these interventions.
• Discuss the appropriateness of pharmacologic methods of pain management including opioids and other medications.
• Explore non-pharmacologic pain management strategies that may be appropriate for persons with dementia.

**Session 12 - Don’t Pull Your Hair Out: Managing the Stress of Caregiving**

Ron Mumbower, PhD, LMFT
Licensed Marriage and Family Therapist, Organizational Health Consultant, Clinton, MS

• Identify biopsychosocial health impacts of stress on the caregiver.
• Explore self-care strategies for caregivers.
• Discuss community resources for planning and psychosocial support in caregiving.

**Session 13 - Medical and Ethical Considerations for End of Life Care**

J. Keith Mansel, MD
Director, Palliative and Supportive Care Services, University of Mississippi Medical Center

Carole Ward, BSN, RN, CHPN
Nurse Navigator, Palliative and Supportive Care Services, University of Mississippi Medical Center

• Explain the difference between palliative and hospice care in relationship to Alzheimer’s disease and other dementias.
• Identify medical conditions that affect prognosis and what effects they have on persons with dementia and their caregivers.
• Recognize potential ethical care dilemmas and how they may differ in various care settings.

**Session 14 - Talk Less, Listen More: The Communication Connection**

Kim Tarver, MD
Assistant Professor, Department of Medicine, Division Director of Geriatrics, Director of Clinical Services, The MIND Center, University of Mississippi Medical Center, Jackson, MS

• Explore strategies to enhance communication between persons living with dementia and their care partners across the disease spectrum.
• Discuss psychosocial considerations of enhanced communication for persons living with dementia and their families.
• Identify practical communication tools to assist families and persons living with dementia.

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Save the Date • October 26 – 28, 2022
22nd Annual Conference on Alzheimer’s Disease and Other Dementias
Metro Jackson Area, MS
CARL V. HILL, PH.D., MPH

Chief Diversity, Equity and Inclusion Officer

Carl V. Hill, Ph.D., M.P.H, is the chief diversity, equity and inclusion officer for the Alzheimer’s Association®, where he oversees strategic initiatives to strengthen the Association’s outreach to all populations, and provide communities with resources and support to address the Alzheimer’s crisis.

In this role, Dr. Hill is responsible for developing cross-functional partnerships with organizations to advance diversity, equity and inclusion. As a result of his leadership, the Association has broadened its reach to diverse communities with partners such as the African Methodist Episcopal Church and the Buddhist Tzu Chi Foundation.

Within the Association, Dr. Hill collaborates with human resources to attract talent and develop resources that champion staff diversity and a culture of inclusion. He authored an editorial in the *Journal of New England Medicine (JAMA) Neurology* highlighting the need for more diverse perspectives to address disparities and pursue equity in dementia science.

Dr. Hill previously served as the Association’s vice president, Scientific Engagement. Prior to joining the Association, he served as director, Office of Special Populations at the National Institutes on Aging (NIA). Throughout Dr. Hill’s six years in this role, he led the development of the NIA Health Disparities Research Framework, which stimulates studies focused on health disparities related to aging. He also directed the NIA Butler-Williams Scholars Program, which provides yearly training for early career investigators interested in aging research.

Dr. Hill earned his Ph.D. from the University of Michigan, School of Public Health, where he trained with the Center for Research on Ethnicity, Culture and Health (CRECH) and the Program for Research on Black Americans (PRBA). He is an alumnus of the National Medical Fellowships Inc. / W.K. Kellogg Foundation Health Policy Fellowship Program. Dr. Hill holds a master’s degree in public health from Morehouse School of Medicine, and he received its Distinguished Alumnus Award in 2019. As a member of the Centers for Disease Control and Prevention’s (CDC) Public Health Prevention Service, a training and leadership program, he helped to establish the Center for Bioethics in Research and Healthcare at Tuskegee University.

The Alzheimer’s Association is a worldwide voluntary health organization dedicated to Alzheimer’s care, support and research. Its mission is to lead the way to end Alzheimer’s and all other dementias — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Their vision is a world without Alzheimer’s and all other dementia®. For more information, visit alz.org.
Cynthia Armstrong, PhD, Panelist  
**Session 3: Racial and Ethnic Disparities in Alzheimer’s and Dementia**  
Dr. Cynthia Armstrong holds a Doctor of Philosophy degree in Education and Administration and has excelled throughout her career as an educator, realtor and entrepreneur. Having more than 30 years of professional experience in teaching, Dr. Armstrong was recognized as a Fulbright Teacher Scholar and pursued postgraduate studies at Oxford University, Harvard University and Brown University. She is a member of the National Coalition of 100 Black Women, Women for Progress, the American Association of University for Women, the National Association of Realtors and Learning Forward. She and her brother currently care for her mother who has been living with dementia for the past 5 years. Dr. Armstrong was an active participant of the Inaugural class of The MIND Center’s Caregiver University in October 2020 and continues to be an active member of the Alzheimer’s Support Group.

Teresa Carithers, PhD, RD, LD, FAND  
**Session 7: The Correlation between Nutrition and Brain Health**  
Teresa Carithers, PhD, RD, LD, FAND is a registered dietitian and certified change facilitator and holds a Doctorate in Preventive Medicine from the University of Mississippi Medical School with an emphasis in nutritional epidemiology. Over her career she has been described as a visionary leader for helping to establish new programs in public health, medical genetics, and academic administration. She currently is a Professor of Nutrition and Hospitality Management and the Internship Coordinator for the Department of Applied Gerontology at the University of Mississippi. Beyond her professional qualifications, she garnered hands on training since 2008 when she became the primary caregiver for her spouse (Charles) who had early onset Alzheimer’s disease and visibly experienced the positive impact that nutrition and other lifestyle behaviors can have on overall health and wellbeing. She knows the science, but enjoys sharing the application of the science across the seasons of life with a philosophy that “one size won’t fit all”, and encouraging visionary pursuit for new methods, models and interventions to improve aging outcomes for all.

Richard A. Courtney, CELA, CAP, Co-Presenter  
**Session 9: Helping Older Adults Maintain Financial Health and Avoid Scams**  
Richard A. (“Rick”) Courtney has practiced law since 1978 and is a founding partner of the Jackson law firm of Frascogna Courtney, PLLC, where he chairs the Courtney Elder Law Associates planning group. His primary areas of practice are elder law, public benefits law (Medicaid, Medicare and SSI), personal asset protection and estate planning, trusts and trust administration, special needs planning for persons with disabilities, guardianships and conservatorships, nursing home and disability rights, and probate administration. Rick is the first attorney in Mississippi designated a Certified Elder Law Attorney by the American Bar Association-accredited National Elder Law Foundation.
Richard A. Courtney Continued

He is a former Assistant Dean and Adjunct Professor of Law at Mississippi College School of Law and current Adjunct Professor – Skills Fellow at University of Mississippi Law School of Law. Licensed to practice before all state and federal courts in Mississippi, Rick is a former Director of the National Academy of Elder Law Attorneys (NAELA) where he serves on the Trusts and Special Needs Law Sections Steering Committees; the Probate and Trust Law Section of the American Bar Association; the Trusts and Estates Section of the Mississippi State Bar; the Mississippi Estate Planning Council; the Mississippi Financial Planning Association; and the Special Needs Alliance, Inc., a national organization of special needs planning attorneys.

He has been selected as a member of the Council of Advanced Practitioners of NAELA, and is a Fellow in the American College of Trust and Estate Counsel. Rick is named in Best Lawyers in America® in elder law and trusts and estates, and the firm is named in Best Law Firms in America® in elder law. He has been designated a Mid-South Super Lawyer annually since 2006 in the field of elder law by Law & Politics, Inc., through professional review and peer recommendation. In 2009, Rick was awarded the 15th Annual Theresa Award by the New York-based Theresa Foundation, for community service and professional advocacy on behalf of children and adults with special needs. In 2014, he was inducted as a Fellow of NAELA, that organization’s highest honor. Rick was asked to testify before Congress in September 2015 in support of legislation to help adults with disabilities create special needs trusts.

Rick and his wife, Ruthie, have adult twin daughters, one of whom has a disability. Rick has been active in community involvement as a Director of Mustard Seed, Inc., President and Director of the Cerebral Palsy Foundation of Mississippi, Inc., President of the Advisory Board of Hospice Ministries Inc., a director of the Heritage School for children with learning disabilities, member of the Occupational Therapy Council of Advisors for the Mississippi State Department of Health, and a member of the Alzheimer’s Association Mississippi Chapter. He has written articles and delivered many presentations for lawyers, health-care professionals, churches and community groups on elder law and estate planning subjects and topics of interest to senior adults, caregiver children and spouses, and families with special needs.

Noel Daniels, Panelist

Session 2: Research 101: Understanding Clinical Research

Noel Daniels is a well-known businessman and community leader in the Metro-Jackson area and is a founding partner and Vice-President of the Gray-Daniels Auto Family. Noel has been active in numerous civic and charitable causes and is a true visionary and leader by contributing his time, talents, and resources to making Mississippi and the Greater Jackson area a better place to live, work and play. Noel sums up both business and life by saying, “The stronger you build the foundation the higher you can build that building.” He was raised in Northeast Louisiana and attended NE Louisiana University and Louisiana Tech University. Noel and his wife Stephanie have two daughters and four grandchildren and Noel is a deacon at Brandon Baptist Church.
Rinki Varindani Desai, MS, CCC-SLP, CBIS, CDP, Co-Presenter

**Session 5: Assessment and Treatment of Communication, Cognitive, and Swallowing Disorders in Dementia**

Rinki Varindani Desai is a medical speech-language pathologist (SLP), certified brain injury specialist and certified dementia practitioner; specializing in the assessment and treatment of cognitive-linguistic and swallowing disorders in adults. She has created the Dysphagia Therapy mobile app, founded the Medical SLP Forum and co-founded the Swallowing Training and Education Portal website. Rinki serves as Associate Editor of ASHA’s Swallowing Disorders Special Interest Group, Co-Chair of the Dysphagia Research Society’s COVID-19 Task Force and as Chair of the MSHA Membership Committee. Rinki has presented on topics related to adult dysphagia and dementia at national and international conferences and has been practicing as a medical SLP for over a decade. She is currently the adult outpatient lead SLP and a clinical instructor in UMMC’s Department of Otolaryngology - Head and Neck Surgery in Jackson, Mississippi.

Lyndsey Dill, MSN, AG-ACNP, Co-Presenter

**Session 10: Managing Medical and Mental Health Complications of Alzheimer’s Disease and Dementia**

Lyndsey Dill, MSN, AGACNP, is nurse practitioner with the University of Mississippi Medical Center, Division of Geriatrics and The MIND Center. Lyndsey earned her BSN from the University of Mississippi Medical Center and her MSN as an Adult Gerontology Acute Care Nurse Practitioner from the University of Alabama at Birmingham. In her current clinical practice, Lyndsey cares for geriatric patients and those presenting with memory issues or other neurocognitive disorders. She has worked with the older adult population since October 2017.

Daniel P. Edney, MD, FACP, Co-Presenter

**Session 4: COVID Impact on Older Adults and a BOLD Public Health Approach to Alzheimer’s and Related Dementias**

Dr. Edney is a board-certified general Internist with subspecialty board certification in Addiction Medicine. He is a summa cum laude graduate of William Carey University and the University of Mississippi School of Medicine-Class of 1988. He then completed his internship and residency in Internal Medicine at the University of Virginia. He has practiced general primary care Internal Medicine since 1991, becoming interested in the national opioid crisis and working with patients with complications of chronic opioid use since 2013, and working in the field of addiction as a teacher and clinician. He currently serves as the Addiction Medicine specialist for inpatient residential facilities, outpatient programs, drug court and has a private practice at Medical Associates of Vicksburg. He is a former president of the Mississippi State Medical Association, a Fellow and Laureate of the Mississippi Chapter of American College of Physicians, currently serving as a board member on the Mississippi State Board of Medical Licensure and recently joined the Mississippi State Department of Health as the Agency’s Chief Medical Officer.

He is the husband of 38 years to Lori, has three adult children and two wonderful grandsons.
Sarah Faucette, AuD, PhD, CCC-A, F-AAA, Co-Presenter  
Session 5: Assessment and Treatment of Communication, Cognitive, and Swallowing Disorders in Dementia

Dr. Sarah Faucette is as an assistant professor of audiology in the Department of Otolaryngology – Head and Neck Surgery at the University of Mississippi Medical Center. She is dual-appointed with The MIND Center, where she is the lead audiologist for the Aging and Cognitive Health Evaluation in Elders (ACHIEVE) trial. She earned both her Doctorate of Philosophy in Communication Sciences and Disorders and her Doctorate of Audiology degrees from East Carolina University in North Carolina. Dr. Faucette’s professional interests include amplification, tinnitus, and hearing loss in the aging population.

Stephen Gay, BS, Co-Presenter  
Session 9: Helping Older Adults Maintain Financial Health and Avoid Scams

Stephen Gay is a native of Ridgeland, Mississippi. He graduated from the Manship School of Mass Communications at Louisiana State University with a degree in Political Communication. Stephen currently works for the Mississippi Attorney General Lynn Fitch, where he holds the titles of Opioid Program Specialist as well as Consumer Protection Outreach Specialist in the Public Education and Community Engagement Division. Before joining the Attorney General’s Office, Stephen served as a Sergeant in the United States Marine Corps. Stephen and his wife, Evan, have a two-year-old son, Owen, and reside in Brandon, Mississippi.

Scott Gibson, MD, Co-Presenter  
Session 10: Managing Medical and Mental Health Complications of Alzheimer’s Disease and Dementia

Dr. Scott Gibson is an Assistant Professor in the School of Medicine at the University of Mississippi Medical Center in Jackson, Mississippi. Dr. Gibson holds appointments in the Division of Geriatrics and The MIND Center. He completed a Geriatric Fellowship and Internal Medicine Residency at the University of Mississippi Medical Center where he also received his medical degree. He is board certified in Geriatrics and Internal Medicine and serves on a variety of committees within the Medical Center.

Roderick Green, MSN, PMHNP, Co-Presenter  
Session 6: Managing Challenging Behaviors

Roderick Green is an adult psychiatric nurse practitioner with a wealth of experience in direct patient care. He has served as a registered nurse for the past 26 years. In 2012, he graduated from the Adult Psychiatric Nurse Practitioner program with UMMC’s School of Nursing and he has served as a nurse practitioner for the past seven years. Mr. Green has served both inpatient and outpatient populations during his tenure at Mississippi State Hospital, with the telehealth, partial hospitalization, at-risk youth, and clinical research programs. He is currently employed at Precise Clinical Neuroscience Specialists, providing both inpatient and outpatient care. Mr. Green’s journey through health care has taught him that all aspects of the human experience are affected by psychiatric issues.
Session Speakers

Gabe Ibarra, PA-C, Panelist
**Session 3: Racial and Ethnic Disparities in Alzheimer’s Disease**

Gabe Ibarra is a Physician Assistant Specialist in Canton, Mississippi. He graduated with honors from Mississippi College having completed clinical rotations in a variety of settings. He holds a Master of Science in Management degree from Mississippi College, Bachelor of Science and Bachelor of Arts degrees from the University of North Texas, Denton where he was a Hispanic Scholarship Fund Scholar, and he graduated Cum Laude. He has more than three years' of diverse experience in primary care and family medicine. Gabe is affiliated with St. Dominic – Jackson Memorial Hospital, and works with numerous physicians and specialists in the MEA Primary Care Plus group.

Hilliard Lackey III, PhD, Panelist
**Session 2: Research 101: Understanding Clinical Research**

Dr. Hilliard L. Lackey serves as an Adjunct Professor for the Jackson State University (JSU) Executive Ph.D. Program. He earned degrees (B.A., History and Political Science, MS.Ed. in Educational Administration and Supervision, and the Ed.S. in Educational Administration) from Jackson State University and a Ph.D. in Higher Education Administration from University of Mississippi.

He has been an administrator/professor at JSU in the positions of Director of Alumni Affairs, Director of Development and Alumni Affairs, and Special Assistant to the Executive Vice President. He has also served as Associate Dean for Academic Affairs and Director of Enrollment Management at LeMoyne-Owen in Memphis, TN. Dr. Lackey is a 2008 inductee into the National Black College Alumni Hall of Fame, 2003 Thurgood Marshall Scholarship Fund HBCU Alumnus of the Year, 1997 NAFEO Distinguished alumni Award honoree, and in 2004, the McCormick Freedom Museum of Chicago placed his quote on a monument. He was a Fulbright Fellow to North Africa (the Maghreb) and is an authority on the Historical Geography of the Mississippi Delta.

J. Keith Mansel, MD, Co-Presenter
**Session 13: Medical and Ethical Considerations for End of Life Care**

Dr. Keith Mansel was awarded his medical degree in 1979 from the University of Mississippi Medical Center School of Medicine, where he currently is Professor of Medicine. He trained in internal medicine and thoracic medicine at the Mayo Clinic College of Medicine and Science from 1982 to 1985 and then worked in private practice in Jackson and Oxford, Mississippi.

Dr. Mansel returned to the Mayo Clinic in 2011 for a fellowship in palliative medicine and then joined the palliative care staff at Mayo until 2016, when he returned to the University of Mississippi Medical Center. He has achieved many honors and awards at both the University of Mississippi Medical Center and the Mayo Clinic College of Medicine and Science, which included several of Mayo’s top educator awards. Dr. Mansel has published numerous articles on pulmonary and critical care medicine as well as palliative care medicine.
Session Speakers

Janet McMillian, DSN, APRN, PMHNP-BC  
*Session 11: Recognizing and Managing Pain in Persons with Dementia*

Dr. Janet McMillan is a psychiatric nurse practitioner with Forrest General Home Care and Hospice. She has extensive experience in home and hospice care and higher education having held teaching positions at several colleges and universities in Louisiana, Alabama and Mississippi including Instructor for Frontier Nursing University’s Psychiatric Nurse Practitioner program. She is a member of the Louisiana-Mississippi Hospice and Palliative Care Association and the Mississippi Nurses Association and has authored and contributed to numerous refereed articles, book chapters and delivered numerous professional presentations.

Sue Ann Meng, LCSW, Co-Presenter  
*Session 6: Managing Challenging Behaviors*

Sue Ann Meng is a Licensed Clinical Social Worker at The MIND Center of University of Mississippi Medical Center and has practiced with an emphasis in mental health and geriatrics for more than 43 years. A transplant from Kentucky, Sue Ann adopted Mississippi by becoming a “W” girl at Mississippi University for Women and then receiving her Masters in Social Work degree from the University of Southern Mississippi.

Sue Ann has been at UMMC for 19 years and joined The MIND Center staff in 2013 as their Social Worker, which she describes as her dream job. In her role with The MIND Center, Sue Ann provides one-on-one and group guidance and counseling to support patients and families as they navigate the progression of Alzheimer’s and dementia.

Bonnie Moore, BSN, RN, Co-Presenter  
*Session 6: Managing Challenging Behaviors*

Bonnie Moore, BSN, RN, is the Director of Patient Care Services at St. Dominic’s Behavioral Health Services in Jackson, Mississippi. Prior to this role, she served as the program director and nurse manager for Forrest City Senior Care where she was named 2016 Clinical Director of the Year. Ms. Moore has extensive experience in in-patient behavioral health service settings. She holds a BSN from the University of Mississippi Medical Center where she graduated Summa Cum Laude. She is a member of the American Psychiatric Nursing Association and is a certified instructor for Crisis Prevention Institute.

Ron Mumbower, PhD, LMFT  
*Session 12: Don’t Pull Your Hair Out: Managing the Stress of Caregiving*

Dr. Ron Mumbower received his Ph.D. in Marriage and Family Therapy from Southwestern Baptist Theological Seminary and completed his undergraduate work at Oklahoma Baptist University. He is a member of numerous boards including Mississippi Association of Marriage and Family Therapists (MAMFT), American Association of Marriage and Family Therapists (AAMFT) and the American Association of Christian Counselors (AACC). He is a member of the Multiple
Session Speakers

Sclerosis Society (MS), Mississippi Caregiver Coalition, Clinical Member and Supervisor of MAMFT, and a Charter Member of (AACC). He was named Volunteer of the Year for the Multiple Sclerosis Society in 2012 and is a Licensed Marriage and Family Therapist and Organizational Health Consultant.

Stacee Naylor, MSN, RN, CCRP, Panelist
Session 2: Research 101: Understanding Clinical Research

Stacee Brewer Naylor, MSN, RN, CCRP, has been a registered nurse for 27 years and has 20 plus years of clinical research experience. Currently, she serves as Director of Clinical Research Operations for the Memory Impairment and Neurodegenerative Dementia (MIND) Center and the Atherosclerosis Risk in Communities (ARIC) Study at the University of Mississippi Medical Center (UMMC) where she has oversight of numerous research studies and manages the clinical research staff operations. Stacee is a member of the Mississippi Nurses’ Association, American Nurses Association, Southern Nursing Research Society, and the Society of Clinical Research Associates (SoCRA) through which she earned her Certified Clinical Research Professional (CCRP) designation. Stacee is currently pursuing a Doctor of Philosophy in Nursing degree (Ph.D.) at UMMC.

Ardarian Pierre, MD, Panelist
Session 3: Racial and Ethnic Disparities in Alzheimer’s and Dementia

Dr. Ardarian D. Pierre joined the University of Mississippi Medical Center faculty as an assistant professor of family medicine in 2018 and completed a geriatric fellowship that same year. She provides evaluations for The MIND Center through the Department of Medicine’s Division of Geriatrics. After receiving her B.S. in Microbiology from the Mississippi University for Women in 2005, Dr. Pierre earned her M.D. at the American University of Antigua, New York, in 2013. She had residency training in family medicine from 2014 through 2017 and completed a geriatrics fellowship from 2017 to 2018 at UMMC. She is an active member of the American Academy of Family Physicians, the American Geriatric Society and the Mississippi Academy of Family Physicians.

Sonya Shipley, MD, FAAFP, Panelist
Session 3: Racial and Ethnic Disparities in Alzheimer’s and Dementia

Dr. Sonya Shipley earned her doctorate of medicine degree from the University of Mississippi School of Medicine. Dr. Shipley has multiple offices at University of Mississippi Medical Center where she specializes in Family Medicine as well as Geriatric Medicine. She provides home based care to patients via home visits and takes care of her hospitalized patients at St. Dominick’s Memorial Hospital. Dr. Shipley provides comprehensive medical care to patients of all ages and is generally the first point of contact for patients seeking general care. She also provides diagnosis and treatment for patients with memory loss and cognitive impairment in the MIND Center Clinic and is the primary provider for their telemedicine program called “TeleMIND.”
Session Speakers

Kim Tarver, MD, Moderator (Session 3)

*Session 3: Racial and Ethnic Disparities in Alzheimer’s and Dementia*

*Session 14: Talk Less – Listen More: The Communication Connection*

Dr. Kim Tarver is an Assistant Professor of Medicine in the Division of Geriatrics at the University of Mississippi Medical Center where she trained and became board certified in Internal Medicine and Geriatrics. Dr. Tarver also serves as the Director of the Division of Geriatrics and the Director of MIND Center Clinical Services. She has over 20 years’ experience in clinical practice and teaching in the area of Geriatrics.

Dr. Tarver has additional certificate training in psychotherapy from the Institute of Contemporary Psychoanalysis in Los Angeles, California. She also sees patients in the MIND Center Clinic at UMMC and divides her clinical time between dementia evaluations, primary care of geriatric patients and psychotherapy with older adults.

Dr. Tarver frequently lectures on caregiving/psychosocial and clinical issues in Geriatrics. She enjoys teaching opportunities with medical students, residents, fellows, caregivers, and any other audience whose attention she might capture to increase knowledge and awareness of the joys and complexities of caring for our longest-lived storytellers and teachers.

Carole Ward, BSN, RN, CHPN, Co-Presenter

*Session 13: Medical and Ethical Considerations for End of Life*

Carole Ward is currently the palliative nurse navigator for Palliative and Supportive Care Services at University of Mississippi Medical Center. She holds a BSN degree from Samford University and is a Certified Hospice and Palliative nurse. With over 42 years in nursing, Carole has worked both in the hospital and community providing direct patient care as well as education to nurses in both home health and hospice.

Kina L. White, DrPH, MHSA, FACHE, Co-Presenter

*Session 4: COVID Impact on Older Adults and BOLD Public Health Approach to Alzheimer’s and Related Dementias*

Kina L. White, DrPH, MHSA, FACHE is the Director for the Office of Community Health Improvement at the Mississippi State Department of Health. In her role, she oversees the Community and School Health Bureau, Community Health and Prevention Teams, Injury and Violence Prevention Bureau, Healthy Aging Bureau, and the Personal Responsibility Education Program. Dr. White serves as the Principal Investigator for the CDC BOLD Public Health Programs to Address Alzheimer’s Disease and Related Dementias. She is a board-certified Fellow in the American College of Healthcare Executives, and currently serves as President-Elect for the state chapter of Mississippi Healthcare Executives. Dr. White is a graduate of the Mississippi Economic Council’s Leadership Mississippi program. She is also an Adjunct Faculty at Belhaven University.

Dr. White holds a Bachelor of Science degree in Business Administration from The University of Southern Mississippi, a Master of Health Services Administration degree from the University of Arkansas at Little Rock, and a Doctor of Public Health in Health Policy and Management degree from Jackson State
University. In addition, Dr. White completed a two-year NIH-R25 Clinical and Community-Based HIV/AIDS Research Training (CCRT) Fellowship at Brown University. Dr. White has a sincere passion for working with vulnerable populations and improving their access to quality care.

**Beverly Gwen Windham, MD, Panelist**

**Session 2: Research 101: Understanding Clinical Research**

Dr. B. Gwen Windham received her undergraduate degree from the University of Southern Mississippi and her medical degree from the University of Mississippi Medical Center in internal medicine. She then completed a dual Clinical and Research Fellowship at Johns Hopkins University Health System in geriatric medicine.

Before being recruited back to UMMC, Dr. Windham spent six years as a clinical scientist at the National Institute on Aging (a Division of the National Institutes of Health) where her research focus was to identify and intervene upon modifiable risk factors for cognitive and physical dysfunction in older persons. At UMMC, Dr. Windham is Professor of Clinical Geriatrics and Gerontology and Director of The MIND Center’s Neuroepidemiology Research Core and has worked closely with Dr. Mosley on the role of obesity, cardiovascular risk factors, and inflammation as potentially modifiable factors related to dementia.

**Motivational Speaker**

**Marshall Ramsey**

**Session 8: Thriving in the Midst of Adversity**

Marshall Ramsey is the Editor-At-Large for Mississippi Today, a non-profit news website. He’s a two-time Pulitzer Finalist (2002 and 2006) and his work is nationally syndicated by Creators Syndicate and has appeared in *The New York Times*, *USA Today*, and *The Clarion-Ledger* (Jackson, Mississippi). He is the author of several successful books including three cartoon collections, two short story collections (*Fried Chicken and Wine* and *Chainsaws and Casseroles*) and the delightful children’s book *Banjo’s Dream*.

Ramsey’s cartoons, photos, stories and posts are frequently shared on Facebook, Twitter, Pinterest and Instagram. He’s also the host of the weekly statewide radio program, *Now You’re Talking with Marshall Ramsey* and the television program *Conversations* on Mississippi Public Broadcasting. He has appeared on Fox & Friends, Inside Edition, CBSN, and CNN New Day.

Ramsey is also a cancer survivor. Diagnosed with malignant melanoma in 2001, he has been honored by both the Melanoma Research Foundation and the American Cancer Society for paying his survival forward. He actively promotes skin cancer awareness and sun safety through cartoons, speeches, skin screenings and a 5K race. Ramsey even ran the Marine Corps Marathon to raise funds for melanoma research (he completed the race, raised $13,000 and developed some wicked leg cramps).

Ramsey, his wife Amy, their three sons, and precocious dog named Pip live in Mississippi, the best state for politics, storytellers, sweet tea and raising a family.
Wednesday, August 25

Session 1: Keynote Session: A Global Update on Alzheimer’s Research
*This session is NOT approved for Social Work CE credit

Carl V. Hill, PhD, MPH
Chief Diversity, Equity and Inclusion Officer, Alzheimer’s Association, Washington D.C.

Abstract: The Alzheimer’s Association supports global advances in Alzheimer’s and dementia research with a focus on early detection and diagnosis, advances in clinical trials, and treatment interventions. This presentation will describe current areas of research focus including biomarkers, neuroimaging therapies, and retinal imaging and will review evidenced – based lifestyle interventions that may reduce dementia risk as well as the pharmaceutical pipeline.

Session 2: Research 101: Understanding Clinical Research
*This session is approved for 1.0 General, .5 Cultural Diversity Social Work CE hours

Beverly Gwen Windham, MD
Professor of Clinical Geriatrics and Gerontology, Director of Neuroepidemiology Research Core, The MIND Center, University of Mississippi Medical Center, Jackson, MS

Stacee Naylor, MSN, RN, CCRP
Director of Clinical Research Operations, The MIND Center, University of Mississippi Medical Center, Jackson, MS

Hilliard Lackey III, PhD – Panelist
Participant, Atherosclerosis Risk in Communities (ARIC) Study, Jackson, MS

Noel Daniels – Panelist
Participant, Aging and Cognitive Health Evaluation in Elders (ACHIEVE) Study, Jackson, MS

Abstract: Presenters will define the types and phases of clinical research, ethical considerations and how participant safety is protected, discuss ways to promote research recruitment and diversity, and identify strategies to discern validity of research findings and new treatments. Panelists will explore the benefits and risks of research participation including ethical and cultural considerations and diversity from the participant perspective.

Session 3: Racial and Ethnic Disparities in Alzheimer’s and Dementia
*This session is approved for 1.5 Cultural Diversity Social Work CE hours

Kim Tarver, MD, – Moderator
Assistant Professor, Department of Medicine, Division Director of Geriatrics, Director of Clinical Services, The MIND Center, University of Mississippi Medical Center, Jackson, MS

Ardarian Pierre, MD – Panelist
Assistant Professor, Family Medicine, The MIND Center, University of Mississippi Medical Center, Jackson, MS

Sonya Shipley, MD, FAAFP – Panelist
Associate Professor, Family Medicine, The MIND Center, University of Mississippi Medical Center, Jackson, MS

Gabe Ibarra, PA-C – Panelist
St. Dominic Health Systems, Canton, MS

Cynthia Armstrong, PhD – Panelist
Caregiver University Alumna, Retired Educator, Entrepreneur, Jackson, MS

Abstract: Presenters will identify Alzheimer’s and dementia domains where racial and ethnic disparities exist, explore inequities within communities of color in Mississippi including Alzheimer’s and dementia prevalence and identify barriers to preventative and medical care access. Panelists will discuss disparities in research and identify strategies to promote early detection and treatment in communities of color.

Thursday, August 26

Session 4: COVID Impact on Older Adults and a BOLD Public Health Approach to Alzheimer’s and Related Dementias
*This session is approved for 1.0 General, .5 Cultural Diversity Social Work CE hours

Daniel P. Edney, MD, FACP
Chief Medical Officer, Mississippi State Department of Health, Jackson, MS

Kina L. White, DrPH, MHSA, FACHE
Director, Office of Community Health Improvement, Mississippi State Department of Health, Jackson, MS

Abstract: Presenters will describe the current status of the COVID pandemic and the push for vaccinations across the US and in Mississippi, when herd immunity may be reached, and what type of resurgence may be expected in the winter. Presenters will discuss the impact of COVID-19 on older adults and specifically
Session Descriptions

people living with dementia and their caregivers and will highlight early research related to the long term effect of COVID on cognition and brain health. An overview will be provided about the Building our Largest Dementia Infrastructure for Alzheimer’s (BOLD) Act and enhanced public health approaches to address Alzheimer’s and related dementias in Mississippi.

Session 5: Assessment and Treatment of Speech, Cognitive, and Swallowing Disorders in Dementia*

*This session is not approved for Social Work CE

Sarah Faucette, AuD, PhD, CCC-A, F-AAA
Assistant Professor, Department of Otolaryngology – Head and Neck Surgery and The MIND Center, University of Mississippi Medical Center, Jackson, MS

Rinki Varindani Desai, MS, CCC-SLP, CBIS, CDP
Medical Speech-Language Pathologist, Dysphagia Specialist, Department of Otolaryngology – Head and Neck Surgery, University of Mississippi Medical Center, Jackson, MS

Abstract: Presenters will identify changes in cognitive, linguistic, speech, and swallowing function that may occur in individuals with different types of dementia and discuss how to differentiate between communication patterns in individuals with hearing loss and cognitive impairment. Practical strategies will be reviewed to manage communication and swallowing impairments in individuals with dementia across the continuum of care.

Session 6: Managing Challenging Behaviors

Bonnie Moore, RN
Director of Patient Care, St. Dominic’s Behavioral Health Services, Jackson, MS

Rod Green, PMHNP
Nurse Practitioner Specialist, Precise Research Centers, Flowood, MS

Sue Ann Meng, LCSW
Social Worker, The MIND Center, University of Mississippi Medical Center, Jackson, MS

Abstract: Behaviors that may accompany dementia such as agitation, aggression and paranoia are often difficult to manage for those living with the disease as well as their caregivers. Presenters will provide instruction on how to recognize challenging behaviors as indicators of physical and psychological distress, identify strategies to manage these behaviors including diversion techniques, and assess how to determine when a higher level of care should be considered.

Friday, August 27

Session 7: The Correlation between Nutrition and Brain Health

Teresa Carithers, PhD, RD, LD, FAND
Interim Chair, Department of Applied Gerontology, Professor of Nutrition and Hospitality Management, University of Mississippi School of Applied Sciences, Oxford, MS

Abstract: The correlation between nutrition and brain health is strongly recognized and supported in research. This session will compare the relationship between diet and inflammation and their association with the development and progression of dementia and examine evidence-based nutritional studies and their potential to impact brain health. Research supported nutritional practices that promote brain health across the lifespan will be reviewed.

Session 8: Thriving in the Midst of Adversity

*This session is NOT approved for Social Work CE credit

Marshall Ramsey
Editor-At-Large, Mississippi Today, Jackson, MS

Abstract: As a cancer survivor and long distance family caregiver to a parent with dementia, Mr. Ramsey is no stranger to adversity. This session will discuss the benefit of strength-based approaches in overcoming adverse circumstances and identify positive coping mechanisms to apply during stressful life events. The presenter will explore care strategies to foster creativity and self-preservation no matter the situation.
Session 9: Helping Older Adults Maintain Financial Health and Avoid Scams
Richard A. Courtney, CELA, CAP
Certified Elder Law Attorney, Frascogna Courtney, PLLC, Jackson, MS
Stephen Gay, JD
Program Specialist, Mississippi Attorney General’s Office, Consumer Protection Division, Jackson, MS
Abstract: Older adults are often victims of exploitation and financial scams and abuse. Presenters will help participants recognize potential areas for exploitation affecting older adults, identify essential estate planning actions for persons with dementia and their families, and explore strategies to preserve financial independence and protect older adults from fraudulent activity.

Session 10: Managing Medical and Mental Health Complications of Alzheimer’s Disease and Dementia
Scott Gibson, MD
Assistant Professor, School of Medicine, Division of Geriatrics and The MIND Center, University of Mississippi Medical Center, Jackson, MS
Lyndsey Dill, MSN, AG-ACNP
Nurse Practitioner, Division of Geriatrics and The MIND Center, University of Mississippi Medical Center, Jackson, MS
Abstract: As Alzheimer’s disease and other dementias progress, people often develop complex medical and mental health complications. In this session, presenters will help families identify health problems or comorbidities that may arise with persons with dementia and explore how common mental health concerns such as depression, delusions, and paranoia manifest. Presenters will explore interventions for challenging behaviors including medication management when appropriate.

Session 11: Recognizing and Managing Pain in Persons with Dementia
Janet McMillan, DSN, APRN, PMHNP-BC
Psychiatric Nurse Practitioner, Forrest General Home Care and Hospice, Hattiesburg, MS
Abstract: Recognizing and managing pain in persons with dementia can be a challenging experience. This session will identify methods for assessing pain in persons with dementia through validated screening tools and behavioral clues and explore ways to implement these tools in clinical practice, explain methods for managing pain in persons with dementia including how to evaluate the effectiveness of these interventions, and discuss the appropriateness of pharmacologic methods of pain management including opioids and other medications. Non-pharmacologic pain management strategies that may be appropriate for persons with dementia will be reviewed.

Session 12: Session 8 – Don’t Pull Your Hair Out: Managing the Stress of Caregiving
Ron Mumbower, PhD, LMFT
Licensed Marriage and Family Therapist and Organizational Health Consultant
Abstract: The process of caregiving for a person with dementia can lead to immense stress for family and professional caregivers alike. This session will identify biopsychosocial health impacts of stress and explore self-care strategies for caregivers. The presenter will also discuss community resources for planning and psychosocial support in caregiving.

Session 13: Medical and Ethical Considerations for End of Life Care
J. Keith Mansel, MD
Director, Palliative and Supportive Care Services, University of Mississippi Medical Center
Carole Ward, BSN, RN, CHPN
Nurse Navigator, Palliative and Supportive Care Services, University of Mississippi Medical Center
Abstract: Preparing for and managing end of life care for a person with Alzheimer’s disease or related dementia can be complex and difficult. Presenters will explain the difference between palliative and hospice care in managing late stage Alzheimer’s disease and dementia, identify medical conditions that affect prognosis, and review what effects they have on persons with dementia and their caregivers. Participants will learn how to recognize potential ethical care dilemmas and how they may differ in various care settings.

Session 14: Talk Less – Listen More: The Communication Connection
Kim Tarver, MD
Assistant Professor and Director, Division Director of Geriatrics, Department of Medicine, and Director of Clinical Services, The MIND Center, University of Mississippi Medical Center, Jackson, MS
Abstract: Communicating with a person with dementia can be a challenging experience. The presenter will explore strategies and practical tools to enhance communication between persons living with dementia and their care partners across the disease spectrum, and discuss psychosocial considerations to enhance communication for persons living with dementia and their families.
Nominate someone affected by Alzheimer’s for a FREE specialty MIND Center car tag.

To make them eligible complete a nomination form at: umc.edu/mindcartag
Title: Strategic Plan for Alzheimer’s Disease and other Dementias

2020-2025

2021 Progress Report

Volume VI

Why a State Plan?

A State Plan is paramount to addressing the many challenges facing people with Alzheimer’s disease and their families in Mississippi. Given the great demographic shifts that will occur over the next 30 years, including the doubling of the population of older adults, the success of this effort is of great importance to people with Alzheimer’s disease and their family members, public policy makers, and health and social service providers.

ALZHEIMER’S FACTS & FIGURES¹

- 14 MILLION Americans will have Alzheimer’s in 2050
- 57,000 Number of people 65 and older with Alzheimer’s in MS (2020)

DISPARITIES IN ALZHEIMER’S AND DEMENTIA

- 1 in 3 seniors dies with Alzheimer’s or another dementia. It kills more than breast and prostate cancer combined.

- Percentage of Adults Aged 65 and Older with Alzheimer’s by Race and Ethnicity²:
  - 14% African American
  - 12% Hispanics
  - 10% Non-Hispanics Whites

TAKING ACTION

2021
- Jan. 29, 2021: 9th Annual MS Alzheimer’s State Planning Summit
- Jan. 17, 2020: 8th Annual MS Alzheimer’s State Planning Summit
- 2020-25 MS State Plan released
- Nov. 30, 2018: 7th Annual MS Alzheimer’s State Planning Summit
- Dec. 1, 2017: 6th Annual MS Alzheimer’s State Planning Summit
- April 1, 2016: Healthy Brain Initiative Grant Awarded
- Dec. 3, 2015: 4th Annual MS Alzheimer’s State Planning Summit
- Jan. – May 2015: Goal Groups develop Implementation Action Plan
- Dec. 5, 2014: 3rd Annual MS Alzheimer’s State Planning Summit
- Jan. – July 2014: MS Alzheimer’s State Plan developed
- April 2, 2013: President’s BRAIN Initiative announced
- May 15, 2012: National Alzheimer’s Plan released
- Jan. 4, 2011: National Alzheimer’s Project Act signed into law

2020
- Sept. 30, 2020: MSDH BOLD Grant Program and expanded Lifespan Respite Care Program Started
- July – Dec. 2019: Goal Groups develop new MS State Plan
- July 31, 2018: Agreement executed to transfer management of the State Plan from the Dept. of Mental Health to The MIND Center
- Dec. 2, 2016: 5th Annual MS Alzheimer’s State Planning Summit
- Feb. 5, 2016 MS Family Caregiver Respite Summit
- Lifespan Respite Grant Awarded
- July 1, 2015: MS Alzheimer’s State Plan Implementation begins
- Dec. 5, 2014: MS Alzheimer’s State Plan released
- Aug. 20, 2014 MS Alzheimer’s State Plan introduced for public feedback at Annual Alzheimer’s Conference
- Dec. 6, 2013: 2nd Annual MS Alzheimer’s State Planning Summit
- Nov. 9, 2012: 1st Annual MS Alzheimer’s State Planning Summit
- Sept. 27, 2011: 1st National Alzheimer’s Advisory Council Meeting

1.Alzheimer’s Association, Alzheimer’s Disease Facts and Figures, 2020
2.Centers for Medicare and Medicaid Services, 2014
3.USAgainstAlzheimer’s, 2021
4.The MIND Center at University of Mississippi Medical Center, ARIC Neurocognitive Study, 2017

By 2030, Latinos and African Americans will make up nearly 40% of the 8.4 million American families affected by Alzheimer’s Disease³.

Almost 2/3 of Americans with Alzheimer’s are women¹.

American pocketbook will be burdened with costs to care for Alzheimer’s patients.

1 in 3 seniors dies with Alzheimer’s or another dementia. It kills more than breast and prostate cancer combined.

By 2030, Latinos and African Americans will make up nearly 40% of the 8.4 million American families affected by Alzheimer’s Disease³.

Almost 2/3 of Americans with Alzheimer’s are women¹.

¹Alzheimer’s Association, Alzheimer’s Disease Facts and Figures, 2020
²Centers for Medicare and Medicaid Services, 2014
³USAgainstAlzheimer’s, 2021
⁴The MIND Center at University of Mississippi Medical Center, ARIC Neurocognitive Study, 2017
Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer’s Act

The Centers for Disease Control and Prevention announced that the Mississippi State Department of Health (MSDH) Office of Preventive Health and Health Equity was a Core Capacity award recipient of the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer’s Act (P.L. 115-406). Recipients began establishing dementia-focused Public Health Programs beginning Sept. 30, 2020. Through the BOLD grant, the MSDH Office of Preventive Health and Health Equity will promote risk reduction, early diagnosis, prevention, management of comorbidities, and avoidable hospitalizations, and will support caregiving for people with dementia. Statewide dementia coalitions will be strengthened and the current ADRD strategic plan will be updated to incorporate recommendations from the Healthy Brain Initiative State and Local Public Health Partnerships to Address Dementia: The 2018–2023 Road Map.

Goal 1: Research
Support research in Alzheimer’s disease and related dementias to accelerate scientific discoveries.
• Promote research collaboration
• Enhance study participation
• Increase research funding

Goal 2: Community Awareness
Increase public awareness of Alzheimer’s disease and other dementias.
• Educate the public
• Build community partnerships
• Promote regional resource sites
• Enhance State Plan collaboration

Goal 3: Coordinated Care
Enhance the delivery of coordinated, competent, and comprehensive dementia care in Mississippi.
• Implement educational programs
• Improve care coordination
• Expand access to dementia care

Goal 4: Caregiver Support
Enhance the availability of and access to support services for family caregivers.
• Increase availability of resources
• Deliver educational programs
• Address gaps in services

Goal 5: Brain Health
Implement initiatives that improve brain health and promote healthy aging.
• Leverage use of surveillance systems
• Develop a public awareness campaign
• Make brain health a public health priority
• Deliver educational programs

Alzheimer’s as a state priority brings continued progress

✓ RESEARCH
Distributed a Research Survey to researchers at 27 organizations in Mississippi and surrounding southeastern states to identify scientists currently conducting brain aging research and to compare to the 2018 survey results. Engaged a local web design organization to construct the brainagingresearch.org website which is nearing completion. Information regarding active brain aging research studies will be centralized on the new website for access by individuals and families, medical providers, and researchers to promote research participation and collaboration.

✓ COMMUNITY AWARENESS
Continued collaboration with community partners to develop a COVID-19 Resource list featuring projects and educational resources within public and private settings including virtual support group listings, Art in Mind virtual programs, and the Lifespan Respite Care grant. Explored alternative methods to deliver information and support virtually during the pandemic.

✓ COORDINATED CARE
Created and began dissemination of a new electronic communication called “Mind Minute” for medical providers and allied health care professionals on topics to improve quality of care delivery for Alzheimer’s and dementia patients. Initial publications covered Dementia Medications and COVID-19 Caregiving Considerations. Developed a survey to identify hospitals, organizations, and provider practices who are currently providing comprehensive outpatient dementia care in Mississippi. Survey will be administered telephonically to improve collection of results which will be published to assist families and primary care providers in identifying sites for specialized dementia diagnosis and treatment in our state.

✓ CAREGIVER SUPPORT
Provided input on the curriculum development for Caregiver University which was launched by The MIND Center in October 2020. Finalizing the development and publication of a new reference “Mississippi State Agency Services for Older Adults” which includes a list and description of services for seniors provided by state agencies such as the Medicare Waiver Program, transportation services, meal programs, respite care, hearing assistive devices, pro bono assistance, and burial assistance. This resource will be shared through State Plan partner organizations for access by individuals and families who need and are seeking these services.

✓ BRAIN HEALTH
In response to COVID-19 during 2020, Alzheimer’s and dementia-focused organizations hosted virtual educational programs with topics, information, and activities that were relevant to reducing cognitive stress and promoting socialization to meet key pillars of brain health. The Dana Foundation awarded a grant to Alzheimer’s Mississippi, Inc. in partnership with The MIND Center to collaborate with the MS Department of Health and Jackson State University School of Public Health to support a 2021 “Brain Health Inequities Symposium,” which aims to increase awareness, understanding, and action to address the impact of Alzheimer’s disease in communities of color.
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Caring for a loved one with Alzheimer's or dementia brings about its own unique and sometimes difficult challenges. At Beau Ridge Memory Care, we're here to help. We embrace the Warchol Best-Abilities Care ModelSM and deliver the highest level of specialized Alzheimer’s/dementia care. The cornerstone of our program is our ability to provide unsurpassed, person-centered care that helps our residents thrive and maintain quality of life, purpose, and health at every stage. We take the time to get to know each resident on a deeply personal level in order to provide the very best personalized care. We are 100% focused on establishing relationships with residents that are based on trust. Our programs are designed to fill each day with happy moments and enriching activities to nurture the overall well-being of each resident.

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A MEETING OF THE MINDS

2022

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Sponsorship, Exhibitor and Registration details to follow.

For more information about us, visit MSBraininjury.org
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BENEFITTING
It is a myth that depression is part of the aging process. It is not normal for people of any age to suffer from depression; this includes our older adult population.

Common warning signs of depression to watch for:
• Loss of interest in things or activities that are usually found enjoyable
• Cutting back on social interaction, self-care, and grooming
• Breaking medical regimens (such as special diets, prescriptions)
• Irritability, mood swings, or constant complaining; nothing seems to make the person happy
• Talk of worthlessness, not being needed anymore; excessive or unwarranted guilt

Common risk factors surrounding suicide in older adults:
• The recent death of a spouse, family member or friend
• Illness or the fear of a prolonged illness
• Major life changes (i.e. divorce, retirement)
• Social isolation and feelings of loneliness

Common suicide warning signs in an older adult include (but are not limited to):
• Insomnia, weight loss, dramatic changes in regular routines
• Increased prescription drug use or stockpiling medications
• Elaborate good-byes or social withdrawal
• Rush to complete or revise will
• Sudden elevated mood/relief prior to a suicidal attempt
• Feelings of being a burden
• Giving away prized possessions

When you think of suicide, you may not think of your mother who spent years raising you… or your spouse who you've spent the last 50 years of your life with.

However, every day in the United States, 17 adults over the age of 65 commit suicide – the highest suicide rate of any demographic group.

If you or someone you know is thinking about suicide, contact the National Suicide Prevention Lifeline 1.800.273.TALK.

What to do:

Depression is treatable and suicide can be prevented!
Stigma associated with depressive illnesses can prevent people from getting help. Your willingness to talk about depression and suicide with your family members can be the first step in getting help and preventing suicide.

Begin a dialogue (talking) by asking questions in a non-judgmental way.
This can often be the push a person needs to get help.
• Do you ever feel so badly that you think of suicide/harming yourself?
• Do you have a plan? Do you have access to what you would use?
• Do you think about when you would?

Always take thoughts or plans seriously.
Don't try to minimize problems or shame a person into changing their mind.

Get treatment/help.
See a family physician, mental health specialist, go to a hospital emergency room, or for an immediate need call 911.

Follow through.
Help find a doctor/mental health professional or participate in making the first phone call, be available for doctor appointments, and offering emotional support.

Remove any items that could be used to inflict harm to self.

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